

Claim 4 – subject for consideration based solely on method(*Stability*)

Free Throws With Sole is a method that instructs basketball players how to maintain *stability* while in the act of shooting free throws – in a study by J.L. Hudson(1985) – Prediction of basketball skill using biomechanical variables – Research Quarterly for Exercise and Sport – found that poor free throw shooters were distinguished by instability and that “greater *stability* is related to higher skill” The Sole method teaches players to keep their bodies upright and feet grounded to achieve *stability* whereas today’s players are not taught any form of *stability* allowing their bodies to lean both forward and backward and feet coming ungrounded